

## SANITARY WAY OF SWEEPING

Various Methods of Keeping Down the Dust When the Vacuum Cleaner is Unavailable.

Recently there has been developed a great improvement in housekeeping appliances—the vacuum cleaner. It is not yet perfect, but it contains great promise. This innovation practically "eats the dirt," sucking it into its great tube of a throat, and depositing it in an air-tight receptacle, which may be emptied and cleaned out of doors. If the cleaner is mechanically well constructed and susceptible of easy manipulation, it is a valuable household invention.

Whenever these more effective methods of removing dirt are, for any reason, temporarily impossible, always remember that moisture makes dust not only less harmful, but more manageable. The old-fashioned custom of sprinkling wet tea leaves over the carpet before sweeping was not done for hygienic reasons, but to brighten the colors. It was, however, unintentionally sanitary. Newspapers torn or cut into bits, and thoroughly wet, answer the same purpose and are more easily obtained in the quantity desired. In cases of illness existing in the room to be cleaned, an excellent practice is to saturate these bits of paper with a solution of Platt's chlorides, Electrozone, or a 20 per cent. carbolic solution. Dusting may be accomplished in a sanitary manner by using an oily cloth, or, for some purposes, one moistened with water is better.

Oil is becoming more and more one of the weapons of the sanitarian. By its use the roads in some towns are kept almost free from the dust nuisance, and stagnant and mosquito breeding pools are prevented from contaminating the atmosphere.—Woman's Home Companion.

## TO MAKE CLARIFIED BUTTER

Method of Purifying It Which Makes It as Good as Finest Florence Oil.

The following are some of Dr. Kitchener's butter recipes

**Clarified Butter.**—Put the butter in a nice clean stewpan, over a very clear slow fire; watch it and when it melts carefully skim off the buttermilk, etc., which will swim on the top. Let it stand a minute or two for the impurities to sink to the bottom, then pour the clear butter through a sieve into a clean basin, leaving the sediment at the bottom of the stewpan. Butter thus purified will be as sweet as marrow—a very useful covering for potted meats, etc., and for frying fish, equal to the finest Florence oil.

**Burnt Butter.**—Put two ounces of fresh butter into a small frying pan. When it becomes a dark brown color add to it a tablespoonful and a half of good vinegar and a little pepper and salt.

**Oiled Butter.**—Put two ounces of fresh butter into a saucepan, set it at a distance from a fire so that it may melt gradually till it comes to an oil and pour it quietly from the dregs. This will supply the place of olive oil and by some it is preferred either for salads or frying.

### Stuffed Onions.

Take large white, silver skinned onions, or medium sized Spanish onions, and boil gently for an hour in slightly salted water. Then remove the hearts, making room for a large tablespoonful of the stuffing. Make the stuffing of minced cooked calf's liver, a little minced ham or bacon to flavor. To a pound of the liver allow one-third of a cup of gravy or cream; half-cup fine dry bread crumbs; one egg; pepper and salt and some of the onion taken from the center. Mix well and place in the onion cases. Brush over with softened butter and sprinkle lightly, all over, with bread crumbs moistened with butter. Bake a nice brown in a moderately hot oven.

### Tree Destroyers.

Porcupines are good climbers, and when unable to get enough apples wind-blown to the ground, swarm a tree and cut down the finest bearing limbs as quickly and neatly as a beaver can sever the trunk of a young hemlock. Besides that, when other food is scarce they nibble the bark off young apple trees, and can destroy a newly planted orchard in a short time. They also are a great enemy to the young spruce, but why they cut them is a mystery, as it is not found that they even eat the tenderest shoots.

### Distinction.

Senator Lotsmann—Who is this Mc-Chunkerson that wants a consulship, and what claim has he on me for a political job?

Private Secretary—He says he's the only man who hasn't been mentioned as a candidate for governor of Illinois.

### Force of Habit.

First Suffragette—Do you think Miss Lazybones will carry her district?

Second Suffragette—Not if she can get a porter to carry it.

### How Fido Lost Out.

"My girl used to think a lot of her pug dog, but I've managed to get the edge on him since we married."

"How did you work it?"

"Fido wouldn't eat her cooking, and I did."

### Wasted Blessings.

Aunty (just arrived)—Bless your sweet heart!

Marie—You needn't waste any of your blessings on him, aunty.

Aunty—Him? Who?

Marie—My former sweetheart. We're mad at each other now.—Judge.

# We Get a Slap

The big coffee trust, made up of Brazilian growers and American importers, has been trying various tactics to boost the price of coffee and get more money from the people.

Always the man who is trying to dig extra money out of the public pocket, on a combination, hates the man who blocks the game.

Now comes a plaintive bleat from the "exasperated" ones.

The *Journal of Commerce* lately said: "A stirring circular has just been issued to the coffee trade." The article further says:

"The coffee world is discussing what is to be the future of coffee as a result of the campaign of miseducation carried on by the cereal coffee people. We have before us a letter from one of the largest roasters in the South asking what can be done to counteract the work of the enemies of coffee.

"The matter should have been taken up by the Brazilian Gov't when they were completing their beautiful valorization scheme."

Then the article proceeds to denounce Postum and works into a fine frenzy, because we have published facts regarding the effect of coffee on some people.

The harrowing tale goes on.

"Where a few years ago everybody drank coffee, several cups a day, now we find in every walk in life people who imagine they cannot drink it. (The underscoring is ours.) Burly blacksmiths, carpenters, laborers and athletes have discontinued or cut down the use of coffee; as there is not a person who reads this and will not be able to find the same conditions existing among his own circle of acquaintances, is it not well for the Brazilians to sit up and take notice?"

**Isn't it curious** these "burly" strong men should pick out coffee to "imagine" about? Why not "imagine" that regular doses of whiskey are harmful, or daily slugs of morphine?

If "imagination" makes the caffeine in coffee clog the liver, depress the heart, and steadily tear down the nervous system, bringing on one or more of the dozens of types of diseases which follow broken-down nervous systems, many people don't know it.

But it remained for the man who has coffee, morphine or whiskey to sell, to have the supreme nerve to say: "You only imagine your disorders. Keep on buying from me."

Let us continue to quote from his article.

"Notwithstanding the enormous increase in population during the past three years, coffee shows an appalling decrease in consumption."

Then follows a tiresome lot of statistics which wind up by showing a decrease of consumption in two years of, in round figures, two hundred million pounds.

Here we see the cause for the attacks on us and the Brazilian sneers at Americans who prefer to use a healthful, home-made breakfast drink and incidentally keep the money in America, rather than send the millions to Brazil and pay for an article that chemists class among the drugs and not among the foods.

Will the reader please remember, we never announce that coffee "hurts all people."

Some persons seem to have excess vitality enough to use coffee, tobacco and whiskey for years and apparently be none the worse, but the number is small, and when a sensible man or woman finds an article acts harmfully they exercise some degree of intelligence by dropping it.

We quote again from the article: "These figures are paralyzing but correct, being taken from Leech's statistics, recognized as the most reliable."

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This is one of the highest compliments ever paid to the level-headed, common sense of Americans who cut off about two hundred million pounds of coffee when they found by actual experiment (in the majority of cases) that the subtle drug caffeine, in coffee, worked discomfort and varying forms of disease.

Some people haven't the character to stop a habit when they know it is killing them, but it is easy to shift from coffee to Postum, for, when made according to directions, it comes to table a cup of beverage, seal brown color, which turns to rich golden brown when cream is added, and the taste is very like the milder grades of Old Gov't Java.

Postum is a veritable food-drink and highly nourishing, containing all the parts of wheat carefully prepared to which is added about ten per cent of New Orleans molasses, and that is absolutely all that Postum is made of.

Thousands of visitors to the pure food-factories see the ingredients and how prepared. Every nook and corner is open for every visitor to carefully inspect. Crowds come daily and seem to enjoy it.

## "There's a Reason"

Postum Cereal Company, Limited  
Battle Creek, Michigan

